

## Letters

The views expressed in Letters to the Editor are not necessarily those of the Buzz. The Editor retains the right to accept, decline, cut or otherwise amend any letter published. Letters must contain your name, address and telephone number, all of which may be withheld at your request.

Dear Buzz

I come to Silloth every week-end because I have got a caravan there. My parents get the newspaper the 'Solway Buzz'. I was reading it and took really good interest in the drawing of bee's because I am interested in art and I like drawing. I noticed under the drawings were the person who drew the picture was from Silloth school or nursery so I wasn't sure if I should send a drawing of a bee in because I am from Carlisle. I go to Caldew Secondary School in Dalston. I am in year 7 and I am 12 years old.

Many thanks,

Karen Nicholson

PS I would be very, very grateful if you could print my drawing in your 'Solway Buzz' newspaper. Thanks.



Editors' Comment

The Solway Buzz is delighted to receive Bee drawings from any children, whether from this area or visiting the area. If you are visiting the area, you can check to see if your Bee has been selected by reading the Buzz on the internet once you return back home. Simply go to SolwayBuzz.co.uk, there is lots more on the site too!

Karen's bee is above.

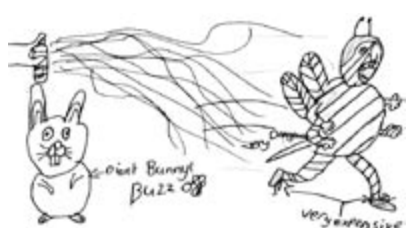
Dear Buzz,

A couple visiting from Devon saw a black Puma style cat run across the road between Bowness-on-Solway and Cardurnock. Has anyone else seen this?

Silloth T.I.C.

Editors comment:

As almost all previous sightings have been in the South West, perhaps they brought the beast with them!



Dear Buzz

On the 20th July I, with my daughter and two friends went to see the 'Gincase' at Newtown and what an afternoon that turned out to be. We did have trouble finding the place due to the fact that it was not sign-posted, this has since been rectified, I hope. The guinea pigs and rabbits were a joy to watch, so much space for them, with forms available to sit on, for the adults and children I mean! The goats were fun too. I'm sure one was about to jump the fence, maybe he has by now!! The pigs were hilarious, I've never seen pigs run so fast after the children on the other side of the fence. Afterwards we had tea in the Farm Tea Room, which was lovely, and reasonably priced. Crafts were beautifully displayed. To finish the afternoon the children amused themselves on the swings. This was a lovely way to spend a few hours, we'll be back.

Best wishes to all concerned,

Molly Mitchell

## Silloth Christmas Lights Sponsored Walk

There will be a sponsored walk in aid of funds for Silloth Christmas Lights on Saturday 4th September starting at 8am from outside the Albion Inn.

Silloth to Maryport along the beach, all welcome including cyclists.

Transport back from Maryport is provided and, refreshments will be at Allonby.



Ronaldo Bee by Billy Charters aged 8 from Silloth Primary School

Buzz Off Bee by Luke Brannan aged 10 from Bouncing Babies Childminding

## On the Waterfront

Report by: Tommy Legs

July proved to be an extremely quiet month with only four ships visiting the port, three wheat cargoes and one molasses.

The first was the BJORG from Rostock, Germany with wheat followed by the BEN ELLAN from Liverpool with wheat.

Near the end of the month the LADOGA-19 brought wheat from Cowes on the Isle of Wight and finally the BERNICE brought a small cargo of molasses from Barry in S. Wales.

## Silloth Tide Table

September 2004  
TIMES OF HIGH WATER  
AT SILLOTH  
(Courtesy of A.B.P. Silloth)  
Times in GMT  
(for BST add 1 hour)

Heights in metres				
	Time	Ht	Time	Ht
1ST. WED	0047	8.1	1314	7.4
2ND. THU	0127	7.8	1351	7.3
3RD. FRI	0206	7.5	1427	7.0
4TH. SAT	0241	7.1	1501	6.5
5TH. SUN	0318	6.5	1537	6.1
6TH. MON	0359	5.9	1618	5.5
7TH. TUE	0448	5.2	1714	5.0
8TH. WED	0600	4.6	1844	4.6
9TH. THU	0744	4.5	2022	5.0
10TH. FRI	0859	5.1	2122	5.5
11TH. SAT	0949	5.6	2207	6.2
12TH. SUN	1031	6.2	2244	6.6
13TH. MON	1107	6.6	2318	7.1
14TH. TUE	1141	6.9	2350	7.3
15TH. WED	****	***	1213	7.1
16TH. THU	0022	7.4	1246	7.2
17TH. FRI	0057	7.5	1322	7.3
18TH. SAT	0135	7.5	1357	7.2
19TH. SUN	0214	7.3	1436	7.0
20TH. MON	0256	7.0	1521	6.5
21ST. TUE	0346	6.3	1615	6.0
22ND. WED	0451	5.5	1728	5.4
23RD. THU	0620	5.1	1906	5.3
24TH. FRI	0802	5.3	2033	5.7
25TH. SAT	0915	6.0	2134	6.6
26TH. SUN	1008	6.6	2222	7.3
27TH. MON	1052	7.2	2304	7.7
28TH. TUE	1132	7.4	2345	8.0
29TH. WED	****	***	1208	7.5
30TH. THU	0020	7.8	1242	7.4

## Tip for the Top

### Hair Loss

A poor diet will reflect itself in the quality of your hair. If a healthy diet which includes the healthy vitamins such as zinc is followed, good results will follow.

If you are experiencing excessive hair loss you should check out the Nioxin Hare Care System.

Nioxin contains Coenzymes, which are supercharged vitamins, 60% more powerful than Vitamin E and 20% more powerful than Vitamin C. They help increase cellular activity by 1,000 times and thus help defend against visible signs of ageing. They are readily absorbed by the body giving greater

## Abbeytown Flower Club

Abbeytown Flower Club

The July meeting was held at the Gilsland home of Mrs Olive Dalrymple, who made everyone welcome showing of her garden and plants for sale. The flower demonstration was held in the conservatory in a beautiful setting and we were shown several different displays in various colour schemes, enjoyed by all. A delicious tea was then served where everyone ate lots of wonderful savouries and cream cakes. All thoughts of slimming forgotten for the day.

Unfortunately the rain curtailed exploring the garden so the draw winners for the flower arrangements were Caroline Williamson, Audrey Harrison, Isobel Baird, Ruth Pinghey, Amy Williamson, Joyce Wilson and Elsie Foster.

Chairman Ruth Pinghey thanked Mrs Dalrymple for a very enjoyable afternoon.

## Something Fishy

### Creamed Shrimps

Once shrimps are boiled they merely require shelling, and are then ready for use. Tinned and frozen shrimps, or those bought ready shelled, may be used in the same way.

Ingredients:  
1/4 pint shrimps  
1/2 pint white sauce (hot)  
1 oz cheese  
Seasoning  
A few breadcrumbs

Put the picked shrimps in the white sauce; grate the cheese and add half of it to the mixture, with seasoning. Place in small fireproof ramekin dishes, sprinkle with the rest of the cheese and breadcrumbs, and heat through in a hot oven for about 10 mins. Garnish with hot shrimps.

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